

Eade's
BOOK
of
HEALTH



GEORGE EADE
FROM A PORTRAIT TAKEN
ABOUT 1864

by WRITTEN SPECIALLY FOR GEORGE EADE LTD
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EMINENT PHYSICIANS**

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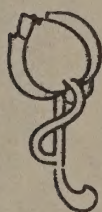
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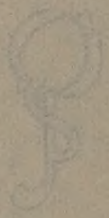
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Index
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HEALTH



BY ONE OF LONDON'S MOST
Eminent Physicians

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FOREWORD

To-day, when so many products (often of extremely doubtful value) are widely advertised as "cure-alls" for Rheumatism, Sciatica, Gout, and kindred complaints, it is difficult to refer to our own products without the feeling that the reader MAY think of Eades Brand Pills as just "another patent medicine."

That, of course, is far from being the case, as you will learn by reading this book which has been written by an eminent London Physician especially for Eades Brand Pills. We feel sure that few sufferers can have read a treatise dealing so thoroughly and expertly with the cause and treatment of the many uric acid ailments. Nor can we think that any reader will fail to derive fresh hope from the promise held out in these pages of certain relief—by a remedy which has been used successfully throughout the world for nearly 100 years.

GEORGE EADE LIMITED

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THE BOOK *of* HEALTH

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ON the subject of Food there is more irresponsible nonsense written and talked than on any other subject. The tag which proclaims that one man's meat is another's poison is perfectly true, but not in the sense in which it is usually employed. It is true in the sense that some people have idiosyncrasies in matters dietetic, just as they have idiosyncrasies and oddities in other matters. There are many people who cannot eat such simple wholesome natural fruit as a strawberry without suffering grave inconvenience ; others who cannot be in the vicinity of a cat, or domestic fowl, without

experiencing unpleasant symptoms. There are some people who cannot endure the direct rays of the sun ; others who are miserable if they ascend to a very moderate altitude. And it is the same with questions of food and health. It is wise to regard man as an individual, rather than one of the mass. Food is of prime importance in our daily lives. Indeed, it may be said to dominate our lives, not only the lives of the greedy, but the lives of the abstemious, because, as a well-known physician has



" There are many people who cannot eat a strawberry without suffering."

expressed it, food is the material which in infancy, childhood and adolescence, is used for building ; in full maturity for reparation ; in old age for maintenance ; and throughout life for warmth.

MILK IS NATURE'S PERFECT FOOD

Man being the only animal that has no instinctive knowledge of what he ought to eat, is therefore obliged to study the question from a scientific standpoint. The only complete and perfect food in nature is milk, and it is by studying the composition and properties of milk that we are able to arrive at standards by which other foods may be tested and measured.

The first thing to be noted about milk is that it is a very dilute food : it consists of no less than 87 % of water. From this we learn that all wholesome everyday foods should be dilute and not concentrated. We should drink plenty of fluid, not necessarily with our meals, but before and after. This lesson is emphasised by analysis of all other natural foods, especially fruits and vegetables, the vast majority of which contain over 80% of water. A strawberry contains no less than 89% and an apple 82% and, surprising as it may seem, raw beef contains 70% and a yolk of egg no less than 50%.

It is not difficult to gauge the importance of this dilution when it is realised that all our digestive functions are carried out in a fluid medium. Even the most uncompromising piece of bully beef has to be reduced to fluid form before it can be assimilated and taken into the blood—for that is the destination of all foods. The great majority of people take too little fluid. When reckoned up at the end of the day the amount of this all important item consumed by an ordinary town dweller is ridiculously



"The only complete and perfect food in nature is milk . . . A glass of milk satisfies."

inadequate in comparison with the amount of fluid which he loses from skin, lungs, kidneys and bowels. Thus at ordinary comfortable temperatures, the skin loses by what is known as "insensible" perspiration, no less than two pints of water daily. The lungs give off at least another pint. The kidneys pass out about four pints, and the bowels an appreciable quantity—in all about 7 pints which ought to be liberally replaced instead of parsimoniously as is now usually the case, except at some spas.

HOT FOODS ARE NOT ESSENTIAL

Another very important office of fluid in the body is to hold in solution the various mineral salts (which are essential to our existence) and to hold in suspension (so that they can travel about easily) the red and white blood corpuscles which give us oxygen and fight our microbic enemies. The fluidity of food is our salvation. To say that it fattens is pure nonsense. It flushes us.

Still taking milk as our standard, we notice that in nature it is never hot. It never exceeds the temperature of the body, and it cools very rapidly. This shows that hot foods are not necessary to us. We may like them and there may be none of the harm in them that some Jeremiahs profess to find, but it is a mistake to regard them as essential to our continued existence. People can live and thrive and be happy eating nothing but cold foods, such as dairy produce, bread, salads and fruits.

NATURAL FOODS ENSURE MODERATION

The next lesson to learn, taking milk as a criterion, is that food should be simple in quality and moderate in quantity. A glass of milk satisfies ; it does not stimulate or create the appetite which comes with eating. Unlike strong, spicy foods or highly sugared foods, milk does not tickle your palate or warm the cockles of your heart. This quality of simplicity it shares with bread and eggs and fruit ; also with raw vegetables. But cooked vegetables do not come into the category because they are often highly



" food should be simple in quality and moderate in quantity . . . No one wants to over-eat himself on simple natural foods."

PROTEINS

Proteins or Albuminates, or Nitrogenous foods of which the purest example is white of egg, but they are present in large quantities in all flesh foods, in cheese, in some vegetables, notably the pulses (peas, beans and lentils). Proteins are essential to life. They are the tissue builders and repairers, and assist in maintaining the heat of the body. But they are necessary in much smaller amounts than is generally believed.

CARBO-HYDRATES

Carbo-Hydrates, that is, the starches and sugars. Starches are found chiefly in bread

seasoned. It is the quality of simplicity which ensures moderation. No one wants to over-eat himself on simple natural foods. Artificial appetisers are indefensible.

Analysis of milk shows it to be composed of certain comparatively simple substances called Proximate Principles, all of which are necessary to the make-up of an adequate dietary. They are as follow :—



" Proteins are essential to life . . . tissue builders and repairers."



" . . . food is burned in our bodies exactly as coal is burned in an open grate."

abundance of oxygen is necessary to us. This combustion supplies us not only with heat, but with energy. Carbo-hydrates supply the fats which so often accumulate in the middle and later years of life. People who dread obesity should avoid sugar. It is much worse in this respect than butter.

FATS

Fats such as cream, butter, olive oil, margarine, suet and lard, are even more important in the matter of combustion than the carbo-hydrates, because they burn more readily. It is in the form of fat that superfluous food is stored in the body.



" People who dread obesity should avoid sugar."

Nature is provident and anticipates lean days by taking the sugars, changing them into fats and storing them in appropriate but inartistic places. Too often the lean days do not come—but abdominal belts do !

MINERAL SALTS

Man has been described as a “pillar of salt.” That, no doubt, is an exaggeration, but it is useful in serving to emphasise the importance of mineral salts in our food. Our blood has been described as sea-water with a few corpuscles superadded. That, again, is an exaggeration, but a useful one as serving to emphasise the importance of the mineral element in our tissues. The principal minerals in milk, as in the human body, are lime, potassium, phosphorus, iron, sodium and magnesium. A sufficient amount, and a proper balance of these mineral ingredients is necessary to prevent the acid element from gaining the upper hand. Acidity is one of the great enemies

of advancing years. It is indeed, the most powerful enemy.



Mineral salts reach the blood almost entirely from fresh fruits and vegetables—which gather them direct from the soil. When the vegetables are boiled these precious salts are thrown away with the water. There are, of course, methods of cooking vegetables which preserve the salts, but these methods are not yet common knowledge. When the poor are underfed, the fault generally lies in the ignorant spoiling of the food, rather than in an insufficient quantity.

“Acidity is the most powerful enemy of advancing years.”

VITAMINS

Vitamins are very inconstant substances—whose complete absence from the diet very soon gives rise to certain diseases (now known as Deficiency Diseases) such as rickets, scurvy, and beri-beri. If, instead of complete absence of a vitamin from the food there should be a relative shortage, vague but unpleasant symptoms are liable to occur; there should, therefore, always be a super-abundance of vitamin-containing foods in the diet.

The two most important points to realise concerning vitamins are: first, that they are derived from the vegetable kingdom;

secondly, that they are destroyed by heat. From this it is evident that the way to secure the necessary abundance of these elusive elements is to eat plenty of raw salads and raw fruits.

Vegetable foods, especially when uncooked, are very acceptable to the human digestive organs; less so when cooked. They are



" to secure the necessary abundance of vitamins—eat plenty of raw salads and raw fruits."

rich in carbo-hydrate and relatively poor in protein and fat. They are, however, very easily converted into fat. Animal foods are rich not only in protein but also in fat, and poor in carbo-hydrate. Lacto-vegetarianism, supplemented by fish and poultry, affords a very good groundwork for a sound and wholesome dietary. Those who are unable to find time and opportunity for vigorous outdoor exercise should be sparing of food in general, especially of starches and sugars.

A practical application of the above is this :

BREAKFAST—on the Continental plan.

Tea or Coffee—with milk, but no sugar.

Two pieces of toast and butter.

Two or three apples or oranges or bananas.

LUNCHEON—on the Lacto-vegetarian plan.

A good-sized mixed salad—Lettuce, Cabbage, Radish, Cucumber, Tomato, Endive, Chicory, etc., with any suitable dressing.

Wholemeal bread or toast, and butter.

Two eggs, poached, omeletted, scrambled or boiled.

Or Cheese, cooked or raw.

Raw Fruit of any kind in any reasonable quantity.

AFTERNOON TEA—None allowed.

DINNER. Grape Fruit.

Fish of any kind, or chicken—but not both—with any kind of cooked vegetable, especially spinach, turnip tops, brussel sprouts, carrots, onions, parsnips.

An egg dish—or cooked cheese dish.

Fruit salad made with raw fruit and no sugar.

Occasionally a fruit tart—gooseberry, raspberry, apple, etc., with cream, but no sugar.

A Savoury—Mushrooms, soft roes—or wholemeal bread, butter and cheese. Celery.

BEWARE OF OVEREATING

At the root of most of our bodily ills—and many of our spiritual—lies some impropriety in the matter of food. The functions of food being mainly the repair of waste and the maintenance of warmth, the balance between the bodily needs and the supply of material should be very nicely adjusted. The fuel should be no more either in quantity or quality than is necessary to maintain a brisk fire. If there is too much fuel the flame is smothered and there is smoke instead of flame. If, though the quantity be suitable, but the quality should be improper—bad coal instead of good—then not only is the warmth insufficient but the combustion is incomplete, and the fuel instead of being completely consumed, with mere ash for residue, is only partially consumed leaving insoluble and irritating “cinder” for residue. It is something of this kind which happens to so many men and women in their way through life. They eat too much; in the sense that they eat far

more than they can balance by a sufficient muscular output. And even if the quantity, as measured by ordinary standards is reasonable enough, the quality is altogether unsuitable; highly seasoned, over-cooked, flesh foods crowd the plates and the palates to the exclusion of Nature's benefactions in the shape of dairy produce and fresh salads and raw fruits.

The results of a continuance of such a diet is seen in both sexes by the prevalence of rheumatism and gout in various forms. These troubles arise from the accumulation in the system of the partially consumed food, the above-mentioned "cinders." These "cinders" consist for the most part of acid material of various kinds. They give rise to all manner of symptoms, but they have this in common, that they refuse to pass out of the body by the ordinary channels. Instead of passing out through the various excretory organs, skin, kidneys, and bowels, they prefer to lurk in the joints, the muscles and other structures, causing pain and disablement as well as doing silent damage to the excretory organs themselves. These acids have not so far been differentiated. It was at one time confidently taught that the main offender was uric acid. Of late, however, it has been recognised that the problem is not so simple as that, and the medical profession is content to speak of acidosis in general rather than incriminate a single acid.

NATURE'S LAWS MUST BE OBEYED

Of the forms in which acidosis presents itself in every day life it will be the purpose of the second part of this book to treat. In this place it is only necessary to say that it is very much easier to prevent and forestall the development of acids than it is to neutralise them when once their presence is proclaimed, and to repeat that the main factor in their development is a defiance of natural laws, especially of those which refer to food.

On the subject of tea, coffee and alcoholic drinks no advice is offered in these pages save only a strong plea for extreme moderation in the case of all of them. If alcohol must be taken, then it should be reserved for the evening, when the day's work is done.

THE CAUSE OF OBESITY

In all matters connected with the preservation of health the question of equilibrium is paramount. The heart, for example, must not be given any sustained task which accelerates it unduly. A quickening on active exercise or on any acute emotion is quite normal, for when the cause is removed the quickening dies down and the heart is not only none the worse, it is all the better for being thus exercised and kept in training. So long as the equilibrium is not interfered with, a healthy man's organs will adapt themselves to very wide excursions of function. This is further seen in man's reactions to heat and cold. As appears presently, one of the main functions of the skin is to adapt itself by contraction and dilation to variations of external temperatures, so that the internal heat of the body remains substantially the same. This implies a very high degree of adaptability in maintaining the equilibrium. It seems difficult to believe that between two healthy men, one at the Equator and the other at the North Pole, there should be practically no difference in their temperature as taken in the mouth. Yet such is the case. These are instances in which the

physiological balance is automatic. Nature always knows how to deal with physiological emergency; it is only when man intervenes that trouble arises. Nature does her best to maintain an equilibrium between man's intake and his output. If greed or stupidity lead him to eat more than he can comfortably



"Between two healthy men, one at the Equator and the other at the North Pole, there is practically no difference in their temperature as taken at the mouth."

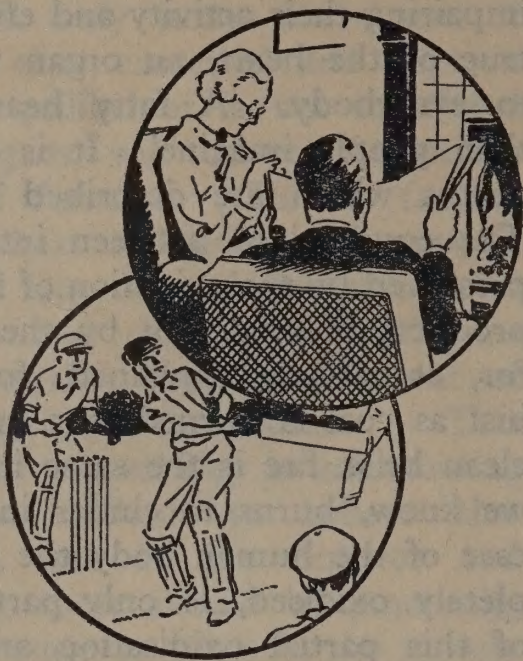
discharge, the surplus must be dealt with. One means of doing this is the deposition of fat. Food that is not wanted at the moment is transformed into fat and deposited about the person—against lean days, as it were. In our present dispensation, the lean days never come, so the fat goes on accumulating. But it must not be supposed that the steady deposit of fat in visible areas is the only result of sustained over-eating. Fat is also deposited in the internal organs, impairing their activity and efficiency. This is particularly true of the heart, an organ whose importance is known to everybody. A fatty heart is much more common than people imagine. It is the cause of nearly all the deaths which are described as due to "heart failure." The equilibrium between intake and output is normally preserved by the oxidation of food and the discharge of the products of oxidation by the ordinary excretory organs; for, as already explained, food is burned in the body just as coal is burned in a grate, and the necessity for a clean brisk fire is the same in both cases. A smoky fire, we know, burns to cinder instead of to ash, and in the case of the human body the food, instead of being completely oxidised, is only partially oxidised. The results of this partial oxidation are in reality foreign to the human economy; they cannot be freely discharged, and so they are packed away in joints and muscles and nerve sheaths, giving rise to conditions to be described later.

GUARD AGAINST STUFFY ROOMS

To the complete combustion of food (and again, the analogy of the coal fire holds) oxygen is necessary. Although oxygen is to some extent absorbed by the skin, its chief and only reliable portal of entry into the system is by the lungs. An absence of oxygen means death by suffocation, and even a relative shortage of it gives rise to very serious symptoms. Stuffiness of rooms is responsible for a great deal, not only of diseases of the lungs and air passages themselves, but also of remote organs such as joints, glands and blood vessels which can be traced to this cause. It is fortunately no longer

necessary to preach the gospel of the open window with the same vigour as was necessary before the war; for the war taught combatants not to be afraid of fresh air and "chills," and the rising generation are being instructed in the benefits of free ventilation. Diseases caused by partial oxidation are consequently much less common than they used to be in young people. In the middle-aged and the old, the connection between Spartan methods and good health is less fully appreciated, and the tennis court and the cricket field give place to the comforts of life.

The means by which food is "burned" in the system is muscular contraction. Muscular contraction has three purposes. One, of course, is movement, another is destruction of food products, and the third is warmth. It is obvious that without oxygen none of these functions can be duly performed. There is pain and stiffness of the muscles, constant feelings of chilliness, demanding hot rooms and over-clothing, together with the circulation of the poisons produced by suboxidation of food. There can be no health in the person who starves himself of oxygen.



"With the middle-aged and the old, tennis court and cricket field give place to the comforts of life."

OUTDOOR EXERCISE CAN BE OVERDONE

The cultivation of out-door exercise in this country is very much to the advantage of the class which is able to enjoy it, but recent research points to the necessity for caution in this matter. It is possible to overdo the worship, not only of the open air, but of the use of muscle and joints in vigorous combative games and sports. And whilst this is pre-eminently true of young women,

it is also true of young men. The present generation is one which lives by brain rather than by brawn, and it is becoming evident that it is impossible to burn that particular candle briskly at both ends without paying a very decided penalty. Physical exercise has been cultivated largely with the perfectly sound object of burning up



"Paterfamilias has been encouraged to indulge in physical jerks and sunbathing."

food and keeping the joints supple. Paterfamilias has been encouraged to indulge in physical jerks and sunbathing so as to justify and correct his generous food intake. A better way would be to reduce the intake and moderate the physical jerks, because the combination uses up a lot of energy which is in reality required by the brain and nervous system.

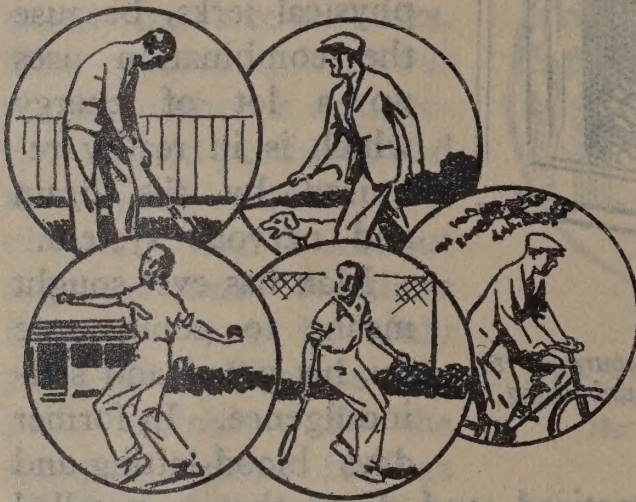
Man has ever sought means to compensate for his greed and self-indulgence. In former days blood-letting and

purging were freely practised, and drugs that were called "alterative" were much in vogue amongst those fond of good living. These methods were admittedly much overdone, and they became replaced by baths, massage, and other health resort measures. The drugs, however, though they have altered their character, are still much relied upon to enable people to enjoy themselves without serious after effects. The favourite drugs used to be the minerals, chief among them Mercury in many of its forms, and Iodide of Potassium. These, however, have now rightly been replaced by those of vegetable origin, such as Aloes, Colchicum, and Guaiacum. And, curiously enough, it has been found that the natural

drug is the better. Aloes, for example, has merits not possessed by Aloin.

PHYSICAL EXHAUSTION MEANS MENTAL FATIGUE

This must not be interpreted to mean that middle-aged men should refrain from taking exercise. It is merely a plea for moderation. The ordinary Briton rightly regards exercise as an important element in his well-being. Unfortunately, however, he is liable to look upon muscular exertion as the sovereign remedy for all evils; it never occurs to him to redress the balance at the other end of the scale by reducing the quantity and quality of his food. The vigorous exertions of his youth and



"Saturday and Sunday are liable to become days of physical orgy leading to mental and bodily fatigue, because of insufficient opportunity for exercise save at week-ends."

early manhood are no longer open to him; he has his daily work to do and that gives him insufficient opportunity for exercise save at week-ends, and Saturday and Sunday are liable in consequence to become days of physical orgy leading to mental fatigue and physical exhaustion. One of the chief troubles about such a state of matters is that as a consequence of the rather violent

unaccustomed exercise, waste products are thrown into the circulation in such large quantities that the excretory organs are unable to cope with the situation, with headache, malaise and a craving for stimulants as the results. Let a man be careful to exercise his muscles, but let him exercise them well short of real fatigue. A daily "sweaty"

walk home from the office should suffice to keep a man in sufficiently good training to enable him to face the little more at week-ends. Nor are "daily dozens" to be despised, provided always that they are daily, and do not exceed a baker's dozen or so.

THE SECRET OF CONSTIPATION

We take into our systems a considerable quantity of material which, though quite harmless, is nevertheless quite useless from the point of view of repairing waste. Such a substance is vegetable fibre, which by its nature cannot be influenced by the digestive juices. When this fibre has been stripped of the useful material with which, in an ordinary vegetable, it is associated, the fibre itself is passed out along the intestines and is ultimately discharged. A very large proportion of the matter evacuated consists of material of this kind. It used at one time to be thought that undigested excrement *fæces* were composed wholly of material which was not susceptible of digestion, and there is little doubt that, in a perfectly balanced scheme of intake and output, this would still be true. Unfortunately, however, our present scheme of living represents the reverse of a perfect balance ; the dice are loaded in favour in the intake, so that Nature wisely utilises the intestinal tract as a means of expelling a great many substances other than vegetable fibre, and its equally harmless associates. And most of these other substances are not only highly toxic, but are toxic in the very special and disastrous senses of paralysing the tract through which they pass. Some of the extraneous material which finds its way into the bowel does not paralyse the tract : it irritates it, and diarrhœa with colic is the result. Such an event, unpleasant though it be, is a storm which soon wears itself out, and no ultimate harm ensues. *With the paralysing toxins, however, the case is very different. They derive from the organism, and the organism is not intolerant of them. They produce a partial paralysis of the bowel, thereby not only protecting themselves against discharge, but actually ensuring their reabsorption into the circulation. Such is the real secret of constipation and the explanation of*

its terrible results—partial paralysis of intestinal activity, reabsorption of deadly poisons into the circulation.

THE IMPORTANCE OF A PURE BLOOD SUPPLY

There is another and a very important factor which enters into the production of the original overloading, and that is the voluntary control exercised by the individual. The education of this control constitutes a very necessary part of the upbringing of the child ; in obedience to social and scholastic demands, it is gradually strengthened in the growing period, so that when adult age is reached, the control has acquired such an ascendancy over the original physiological desire for relief that the latter is scarcely appreciated, save only at certain hours, and then but feebly. Civilised man spends one-half of his life in cultivating constipation, and the other half in campaigning against it. Unfortunately, he resorts to the wrong weapons.

These two elements, the excess of voluntary control and the paralysing effect of the toxins on the movements of the intestines, combine to produce the most serious effects upon the constitution. The retention or inadequate discharge of part-digested matter leads to reabsorption of poisons of every description, with the inevitable result that the human soil becomes so richly manured that any and every microbe settles thereon and flourishes exceedingly. And, apart from frank and blatant microbic invasion, one has to remember the gross impurity of the circulating blood to which such a state of matters gives rise. We have seen that for the efficient performance of its functions, every part of the body is dependent upon a pure blood supply. If the circulating fluid is loaded with toxins, as in chronic constipation it invariably is, then not only does the whole machine work badly, but certain parts of it, the most delicate, become perverted in their action. It is within the experience of most adults that inaction of the bowels, be it relative only, will depress the nervous system, giving rise to a lugubrious and pessimistic outlook on life, which, on the necessary relief being obtained, is changed at once to animation and optimism. The hypochondriac, the kill-joy and the croaker, are all of them constipated.

THE TRUTH ABOUT LAXATIVES

It is sometimes said that purgatives and laxatives constitute a bad habit, which, like other bad habits, should be resisted. Such a view argues a curious lack of perspective. If it be true—and the proposition is at least a debateable one—that purgatives are physiologically objectionable, it is true to a far finer degree of truth that there is nothing which is physiologically so objectionable as the evils which chronic intestinal stoppage brings in its corrupt and unclean train. In comparison with the coarse crime of constipation, a pill is a blessing. Moreover, the only means by which purgatives can be physiologically resisted is by rendering them unnecessary, and the only way of doing this effectually is by dietetic means. The poisons which are paralysing the intestines must be stopped at their source, which is the meal table. The poisons are produced by persistent excess of unsuitable foods, and until this practice is replaced by one of moderation in foods which are suitable, the constipation will continue, in spite of abdominal belts, abdominal operations, and abdominal lubricants.

THE FUNCTIONS OF THE SKIN

The Skin is the largest organ in the body, and by no means the least important. It combines the functions of common sensation, protection, heat regulation and excretion. It is also an accessory organ of respiration. In the matter of common sensation, the sense of touching and being touched, there is nothing save the superlative called pain which is germane to the present enquiry. Pain has been described as the "cry of a nerve for healthy blood," which serves to remind us that pain is not merely a local warning, but proclaims a state of the blood demanding attention. The protective function of the skin, that is, the protection from injury and external influences such as sun, wind, and rain, is in a sense its principal function. If the valuable organs in the chest and abdomen had no such buffer against the slings and arrows of an outside world, man would be like an oyster without a shell. A less obvious, though in these days an important element in protection, is that which is afforded by the colouring matter in the skin which shelters the internal

organs from the over-active effects of the sun's rays. The importance of the skin as a regulator of the heat of the body, dilating to a hot external influence and contracting to a cold, has already been noticed.

The value of the skin as an excretory organ is seldom appreciated as it ought to be. If we were to be guided in this matter by pure scientists who, it may be said, have contributed nothing to our knowledge of the subject for at least forty years, we should be content to place the skin very low in the scale of cleansing organs. Practical experience, however, teaches us that this large surface, more or less exposed to the air, is capable of doing a vast amount of excretory work which cannot well be performed elsewhere. And as in the case of the other excretory organs, it does its work by the medium of water. Apart altogether from the sensible perspiration, to be considered immediately, we have to remember that watery vapour in an insensible form is exhaled from the surface of the skin just as it is exhaled from the lungs. It is, in fact, evaporated, and the main purpose of this evaporation would seem to be the regulation of the heat of the body. Inasmuch as the normal temperature is round about 98.4°F . and the outside temperature between 65° and 70°F ., or even less, it is obvious that this evaporation must be very considerable. When, from over-consumption of foods or otherwise, the internal temperature is raised above the normal, the evaporation is even more pronounced. Now, it is not only watery vapour which is thus given off. The pure scientists tell us, it is true, that the matters dissolved therein are negligible, but in actual practice we have little difficulty in persuading ourselves that gaseous emanations, sometimes of a very pungent kind, habitually accompany the watery vapour, and there can be no reasonable doubt that these emanations are of such a nature as to render their discharge physiologically necessary.

When sensible perspiration occurs, the fluid comes not only from the surface of the body as before, but additionally from the mouths of the sweat glands which are so liberally distributed over the surface, with a very special concentration in certain situations, as the armpits, the palms of the hands and soles of the feet. The pure scientists tell us that the

fluid thus discharged is almost pure water, the very meagre solid contents consisting chiefly of common salt, but they admit that a certain quantity of carbonic acid gas is given off at the same time. Incidentally, one might ask : " And if carbonic acid, why not other gases ? " There are poisons among gases no less than among fluids. The oily material present in sensible perspiration comes from another set of glands called sebaceous glands, which are closely related to the nutrition of the hair.

THE PURGATIVE VALUE OF MUSCULAR EXERCISE

There is a great deal of clinical and personal testimony to the fact that a profuse perspiration affords a general sense of great relief. We can therefore refer the pure scientists to their studies and their laboratories, with the request that they will furnish us with a scientific explanation of an undoubted fact. That the complicated mechanism of blood-vessels and glands of two different kinds in so large a surface as the skin is designed simply and solely to evaporate water for purposes of heat regulation, is a proposition which cannot appeal to him who has experienced the benefits of a Turkish or even of an ordinary hot bath. And it is to be remembered that sweating which is induced by muscular exercise is admittedly of more depurative value to the system than the sweating induced by the mere application of external heat. Another fact which, though unexplained, brooks no denial, is that heat plus light, is more active in ridding the system of impurities than heat alone ; and then when, as in summer outdoor exercise, muscular work can be combined with sunlight, the maximum advantage is to be expected from the perspiration thus induced.

THE NEED FOR DRINKING PLENTY OF FLUID

Sweating, then, must be regarded as one of the normal physiological methods of excreting waste products from the system, and should be cultivated as a very easy means to the maintenance of health. Inasmuch as the water discharged by this route is liable to be considerable, care

should be taken to replace it by drinking a sufficient quantity of fluid, otherwise the bowels and kidneys may find themselves deprived of the vehicle essential for their activities. That the skin may be induced to undertake a considerable portion of the excretory work of the kidneys is well-known to doctors, who are in the habit of prescribing sweating processes to patients suffering from insufficiency of the kidneys, as in certain forms of Bright's disease. That the skin can perform some of the work of the inactive bowel is all too frequently and unpleasantly forced upon us by the fætid odour which emanates from the skins of those meat-eating people who mistakenly allow themselves to be continually constipated.



Within the compass of the present treatise it is obviously impossible to include serious or killing diseases, as they are called; it is only every-day ailments that can come under notice. Setting aside infections, such as the childish fevers and influenza, the majority of the transitory disorders and those which, though painful and crippling, do not as a rule incapacitate the patient, can be brought into the category of gouty and rheumatic affections. To the questions "What is gout?" and "What is rheumatism?" there have been several answers suggested. One of them describes gout as a big red toe inherited from aristocratic ancestors—which is false both in what it says and in what it implies. Another describes it as a vice of metabolism: to which it has been retorted that the vice is with the sufferer and not with the metabolism. It would be easy, but useless, to multiply these attempts to generalise on a subject which in the present state of our knowledge does not admit of dogmatic statement. What is really known on the subject is thus expressed by Sir William Osler:

"Among important etiological factors in gout and rheumatism are the following:

"(a) HEREDITARY INFLUENCES.

"Statistics show that in from 50 to 60 per cent in all cases the disease existed in the parents or grandparents. The transmission is supposed to be more marked from the male side. Cases with a strong hereditary taint have been known to develop before puberty. The disease has been seen even in infants at the breast. Males are more subject to the disease than females. It rarely develops before the thirtieth year, and in a large majority of the cases the first manifestations appear before the age of fifty.

"(b) ALCOHOL

is the most potent factor in the etiology of the disease. Fermented liquors favour its development much more than distilled spirits, and it prevails most extensively in countries, like England and Germany, which consume most beer and ale. The lighter beers are less liable to produce it than the heavier English and Scotch ales.

“(c) Food

plays a role equal in importance to that of alcohol. Over-eating without active bodily exercise is regarded as a very special pre-disposing cause. A form of gouty dyspepsia has been described. A robust and active digestion is, however, often met in gouty persons.

“GOUT IS NOT JUST A RICH MAN'S AILMENT

“Gout and rheumatism are by no means confined to the rich. In England the combination of poor food, defective hygiene and an excessive consumption of malt liquors makes the poor man's gout a common affection. The nature of gout is unknown. That there is faulty metabolism associated in some special way with the chemistry of uric acid, we know, but nothing more. The conditions of life favourable to the development of gout and rheumatism are present in far too many of us after the middle period of life—more fuel in the form of meat and drink than the machine needs. G. B. Balfour put it well when he said, ‘The gouty diathesis is only a comprehensive term for all those changes in the character and composition of the blood induced by the evils of civilisation—deficient exercise and excess of nutriment.’ Gout and rheumatism, on the other hand, are the names given to all those modifications of our metabolism caused by the gouty diathesis as well as to all the symptoms to which those modifications may give rise.”

What we have to realise in connection with gout and rheumatism is that there is a something circulating in the blood which wants neutralising, and that if not neutralised it will endeavour to escape by unusual channels. It may in so doing project itself, so to speak, on any organ or tissue, and the form that the gouty manifestation will assume must depend upon the organ or tissue selected by this capricious and ubiquitous poison. Thus, the something may project itself into the neighbourhood of a joint to cause a gouty neuritis, or on to the integument to cause a gouty eczema, gouty psoriasis or a crop of boils. It may attack the air passages, to cause laryngitis, bronchitis, or asthma; it may find its way into the stomach to cause

dyspepsia; it may select the brain and give rise to irritability, somnolence and a hatred of work. There is, in fact, no part of the body which can be said to be immune from attack.

GOUTY SYMPTOMS ARE RARE BEFORE MIDDLE LIFE

and when that period is reached they are commoner in those whose youth has been athletic. The athletics die



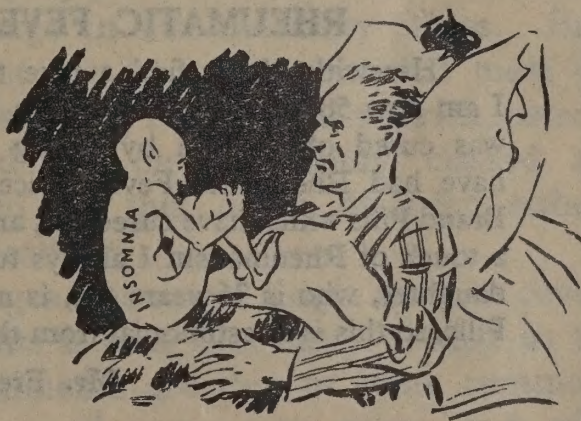
"It is difficult to realise that an attack of bronchitis can be due to precisely the same cause as gouty afflictions."

down, but the habit of large meals remains. It is said that women do not suffer from gout. This is true only so far as acute big toe gout is concerned, for women certainly suffer very frequently from irregular gout, especially after the change of life.

It is at first sight very difficult to realise that an attack of bronchitis could be due to precisely the same cause as an inflamed great toe or an eczematous hand. Yet such is undoubtedly the fact, and if more cases of bronchitis

were treated by anti-gout remedies instead of by soothing cough mixtures the attacks would be much shorter in duration and much less frequent in incidence. In the same way many people do not believe, and do not want

to believe, that their tiresome attacks of insomnia are due to improper feeding and not to an ultra refined nervous system. The idea of a simple single cause such as the gouty poison being responsible for many different symptoms is very foreign to those who regard illness as some-



"Many people do not want to believe that their tiresome attacks of insomnia are due to improper feeding."

thing imposed upon them by the will of an inscrutable

Providence, and when told the truth they are often indignant. The logical outcome of the real state of matters is that *a true anti-gouty and rheumatic remedy will cure a great variety of diseases*, and is in consequence liable to be branded as an impudent nostrum and "cure-all." This unthinking injustice is much to be deplored because it leads people to neglect the advantages which such a really efficacious remedy as Eades Brand Pills offers them. These pills do really rout gout and rheumatism. This is a large claim, but it is substantiated by the testimony of countless witnesses.

AN EFFECTUAL REMEDY FOR GOUT AND RHEUMATISM

Gouty and rheumatic symptoms are apt to be very mixed in people's minds. This is not surprising, for it is in reality almost impossible to say where gout ends and rheumatism begins. There are many painful and disabling ailments which seem to belong now to the one cause and anon to the other. Both may give rise to joint troubles or arthritis, both may cause neuritis, fibrositis, fascitis, and numerous other symptoms, all of which, whether they come from the gouty territory or the rheu-

18th February, 1936.

RHEUMATIC FEVER CURED

Herewith please find a true testimonial of 50 years. I am now 58 years old, and when I was a child my father was cured of Sciatica by taking Eades Brand Pills. I have had Rheumatic Fever twice, and have had Eades Brand Pills which have cured me, and now whenever I feel a touch of Rheumatism I always turn again to them. My daughter, who is 36 years old, is now taking Eades Brand Pills, so this is a testimonial from three generations.

Mr. Fred Gregory,
67, Ripon Street,
Lincoln.

P.S.—You may use this as and when you please.

matic, yield readily to appropriate remedies ; but only when accompanied by attention to such details of general health as food, drink, fresh air and the like However, it can truly be claimed that Eades Brand Pills deal equally effectually with both Gout and Rheumatism in all their forms.

A recent authority writing in *Everyman*, tells us :—

“ It is said that one-sixth of all the sickness certificates issued by doctors to working men and women in this country give ‘rheumatism,’ in one or other of its forms, as the disabling cause. It might be presumed that so widespread and so crippling a disorder would, by this time, be well understood, and that suitable means for its alleviation or cure would have been devised. Unfortunately, rheumatism is a term which to physicians conveys no very definite meaning. Laymen and doctors alike commonly lump together as rheumatic, all those aches and pains in joints or muscles or nerves for which no other name is ready to hand. It is, indeed, a strange medley of disorders which are thus grouped together.

A COMMON CAUSE OF HEART TROUBLES

There is a specific disease which doctors call acute rheumatism, and the public calls rheumatic fever, which seems to be as well defined as is diphtheria or measles. It is a very serious disorder, partly because it is the starting point of a considerable proportion of those diseases of the heart which loom so large in our mortality tables. But there is not the slightest reason to suppose that most of the chronic conditions—sciatica, rheumatoid arthritis, osteoarthritis, myositis, and so on—commonly classed as rheumatism, are related to this acute disorder either causatively or pathologically.

One of the disadvantages of using a single term to cover a large variety of ailments is that it is likely to lead us to assume that all these ailments are due to some common cause, and that for them all some cure exists, and will ultimately be discovered.

Acute rheumatism is discussed elsewhere in this book. Both the courses and the causes of the many other disorders

that pass under the name of rheumatism differ widely from one another. For many years there has been an idea in the minds of most doctors that all sorts of chronic rheumatism have their origin in some septic focus remote from the joint or tissue eventually involved. The idea is not held so strongly to-day as it was a few years ago ; but, until recently, it was almost a fashion among doctors to direct nearly every patient complaining of persistent pain in the back or shoulder muscles, or in any of the joints, to have all his teeth extracted, or else to have his tonsils excised. If these somewhat drastic measures proved ineffective, the appendix or the gall-bladder was marked out as victim to the surgeon's knife. But most doctors have lately grown rather sceptical about this solution of the problem. Probably septic foci do frequently play an important part in lowering the body's resistance to whatever may be the true provocants of rheumatism ; but, obviously, it is not the specific cause, or the only cause, of these disorders. Sepsis is not uncommon in the tropics, but rheumatism is very rare there. Also, many of the rheumatic affections are almost confined to those people who use their muscles in excess, and those who hardly use them at all.

THE DANGERS OF COLD AND DAMP

Cold and damp are obvious relevant factors ; so is clothing, and so is diet. Then, again, certain changes that take place in the endocrine glands, such as the thyroid and the sex glands, at special periods of our lives, often coincide with the starting of rheumatic trouble. There is one form of rheumatism, for example, that is so commonly associated in women with the closing of the child-bearing period of their lives that there can be little doubt that the upset is due to a sudden lessening of the supply of certain endocrine secretions. Other forms of rheumatism so frequently show themselves in joints or muscles that have been subjected to unusual or prolonged overstrain that some causative connection is more than probable. Exposure to cold and damp is so widely believed to be responsible for the exacerbation of rheumatic pain—(the value of the rheumatic patient as a weather prophet is well-known)—

that a direct relation between rheumatism and the temperature and functional activity of the skin seems to be established. Much of the success of the treatment at spas is traceable to the means there adopted for the stimulation of the skin and of the surface circulation.

Whatever part is played by infection, by injury, and by glandular inactivity, in provoking the degenerative or functional changes which make themselves known to us by aches and pains, by stiffness and deformities, a certain abnormality of skin activity seems nearly always to be present. This abnormality may be due to inherent peculiarities of the individual, or to the exposure of an average individual to exceptional climatic circumstance.

THE VALUE OF WARMTH

We do not, as yet, know much about the way in which biologic contact is established between the external forces

27th July, 1936.

BANISHED CHRONIC RHEUMATISM IN ONE MONTH.

For many years I have been a martyr to chronic rheumatism and gout, nearly despairing of ever ridding myself of pain again. I have tried many so-called remedies without relief, and at last decided to give Eades Gout Pills a trial. After a month's course, helped by the outward application of Anodyne all traces have now vanished, and I feel perfectly rejuvenated, in fact, I feel twenty years younger, and I have turned 60 years of age.

I should advise all sufferers to follow my example.

Yours faithfully,

T. T.,

Kensington, W. 14.

of nature and the bodily surface exposed to them. It is but a few years ago that we first learned of the profound effects brought about by the ultra-violet rays of sunlight, and we may be quite sure that their recognition is not the

last item in the programme of radio discovery. Let us take the one item of temperature. For each person there seems to be a particular range of outside temperature within which bodily health is best maintained. Some of us stand exposure to cold and damp very much better than do others, even though these lead equally active lives. Rheumatism is certainly a disease of damp, cold climates, and is rare in the tropics; and the value of warmth in relieving rheumatic pain, and also in the curative treatment of cases that have not yet advanced to the stage of serious structural change, is universally recognised. There are lots of people whose skins are, throughout our winter, several degrees colder than are the skins of their neighbours. These are the people who are more likely, given equal provocation, to fall victim to rheumatism. Among these sub-normals, lucky are those who can afford to migrate during the winter months to a warmer and drier climate. The others should surround their skins with an artificial climate, secured by means of sensible clothing, and the regulated heat of rooms. But the mention of "artificial climate" sets one thinking about the possibilities of applied science in this direction, on a wholesale scale. What has been achieved in connection with certain manufacturing processes may be but the starting-point of a physical and engineering revolution, the effect of which on health may well be astounding.

Those subject to rheumatism, therefore, should avoid cold and damp, but do everything possible to improve the skin's reacting power to variations of temperature. A cold sponge-down in a warm room is a good tonic. Constipation should be prevented at all costs. Reasonable physical exercise should be taken, but overstrain avoided. Alcohol is best taken in moderation, or not at all. The diet may be as varied as circumstances permit, and tastes dictate.

CHAPTER IV.

ARTHRITIS

This word really means "inflammation of a joint," but it has become so intimately associated with a large number of gouty and rheumatic states as almost to have lost its original meaning. With acute inflammation of joints, as in rheumatic fever, we have no concern here, but in some of subacute, such as rheumatoid arthritis, Eades Brand Pills and Eades Brand Anodyne find a very useful field. In real rheumatoid arthritis these remedies are best used according to the instructions of a physician, but in the ordinary arthritis states where joints are swollen and stiff rather than red and painful, those namely of a gouty rather than a rheumatic origin, Eades Brand Pills should be taken regularly for a time, as directed on the bottles, and Eades Brand Anodyne ointment should be applied locally without friction.

FIBROSITIS (LUMBAGO)

This is the scientific name given by the late Sir William Gowers to what was formerly known as lumbago. It means an inflammation of the white fibrous tissue which abounds in the lumbar region. It is very painful and very disabling; all the movements of the back, especially stooping, become severely limited, and in bad cases the patient is driven to bed. Fibrositis may attack other regions, and when lumbar, it is very commonly associated with sciatica, which is an inflammation of the sheath of the great sciatic nerve. The combination is very painful and demands serious treatment. This is best applied locally by warmth and massage, and the application of a stimulating preparation, such as Eades Brand Anodyne. The main treatment should, however, be constitutional, by ridding the system of the gouty and rheumatic poisons which have been deposited in the white fibrous tissue. This is best effected by a course of Eades Brand Pills, taken as directed.

NEURITIS

is a misnomer for NEURALGIA. Neuritis means inflammation of a nerve, a very painful and dangerous condition which is fortunately uncommon, whereas neuralgia, or pain in the course of a nerve, though painful, is not dangerous. The typical neuralgic pain is toothache, though almost as common is the pain in the face known as facial neuralgia. Neuritis or neuralgia may be treated by taking Eades Brand Pills together with the local application of Eades Brand Anodyne. Careful diet, warmth and rest to the part are necessary parts of the treatment.

MYALGIA

means pain in a muscle, and is most commonly displayed as stiff neck. The shoulder muscles are also frequently attacked. The gouty and rheumatic poisons are deposited in the sheaths of these muscles, and any movement of the affected part is very painful. In addition to the warm fomentations and general friction which are usually applied and are so comforting, the parts should be lightly treated with Eades Brand Anodyne, and a course of Eades Brand Pills should be started at once. Care in diet is particularly

21st September, 1936.

PAIN AND SWELLING — GONE DOWN

Many thanks for your sample of Anodyne. I put some on my hand and fingers as soon as I got it, and it soothed the pain in a few hours. Also your Pills are wonderful. I got a good night's sleep the third night, and the pain and swelling have gone down I am very pleased to say, and I tell everyone I come across about your Pills, etc.

Wishing you the best of good luck in your sales.

Mr. C. H. Pratt,

8, Shafton Lane,

Holbeck,

Leeds.

P.S.—I might say our family has taken your Pills for over 60 years. My age is over 82, last April 20th, 1936.

necessary in myalgia. Cramp in the muscles is the result of circulating poisons, and is very apt to cause acute attacks at night. Curiously enough, the local application of cold does more good than the application of heat ; but local application of Eades Brand Anodyne relieves the pain for the time. Being a constitutional matter, more reliance should be placed on Eades Brand Pills and the diet than on local applications.

BLOOD PRESSURE, OR HYPERPIESIS

Among the many internal troubles to which the gouty and rheumatic poisons are liable to give rise, of great importance are affections of the blood vessels, giving rise to hyperpiesis, or high blood pressure. The poisons act as irritants, causing the arteries to contract, with the result of increased pressure of fluid within the tubes. After a time the arteries lose the elasticity which is so necessary to their proper working and the heart is obliged to do more work ; there is breathlessness on slight exertion and liability to slight bleeding from the nose or gums. This state of matters is slowly progressive. In the early stages it seems to do no harm, but in the long run it leads to degeneration of the arteries and not uncommonly to apoplexy or hæmorrhage into the brain. Hyperpiesis in its beginnings is not difficult to treat, if only the patient will refrain from the things which have produced the trouble—too much food, too much alcohol, too much tobacco, and insufficient fresh air and exercise. It is thus that the gouty constricting poisons accumulate and the arteries degenerate. In this condition Eades Brand Pills are capable of giving very substantial help. A course of this remedy will neutralise the poisons and bring about their discharge from the system. Eades Brand Pills taken regularly as a course of treatment, will restore health and prolong life.

Another vascular trouble in which the pills are capable of bringing about very striking improvements in early cases is Piles, or Hæmorrhoids. Eades Brand Pills should be taken regularly as directed.

MENOPAUSE OR CHANGE OF LIFE

There is no state of the human body in either sex which so favours the accumulation of poisons in the circulating blood as the menopause in women. At this epoch in their lives women lose an excretory cleansing function, and unless they are at pains to ensure extra freedom of those that remain—bowels, kidneys, skin and lungs, accumulation is bound to occur. At this period, as is well recognised, women tend to put on flesh, and to suffer from arthritis, skin troubles, and the like, and unless great care in diet and general regime is exercised, the five years round about fifty are apt to be a sore trial to all women, especially to those who have not borne children. Instead of extra care and



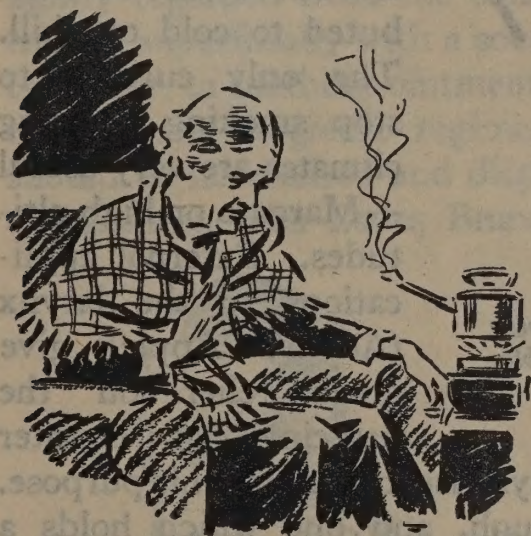
"... too many women make the mistake of eating immoderately to keep up their strength, and take surreptitious cocktails and other alcoholic indulgence."

rigid abstention from surfeit in all directions, too many women make the mistake of eating immoderately to keep up their strength, and take surreptitious cocktails and other alcoholic indulgences. Such matters of intake must of course be severely regulated, and the output encouraged in every reasonable manner. Treatment at most health resorts by baths, massage and electricity are very good for the fortunate few who can afford such luxuries, but good work can be done at home. Eades Brand Pills are specially well qualified to give assistance in this matter, if only for the reason that one of the ingredients, Guaiacum, has an intimate and peculiar tonic influence upon the female generative organs. In combination with Colchicum and Aloes, it is an ideal remedy for the flushings and other

subjective phenomena which are so troublesome at this period of life. The pills should be taken as directed.

BRONCHITIS AND OTHER COUGHS

It has already been mentioned that the gouty and rheumatic poisons are liable to affect the air-passage. This is less difficult to understand when one realises that the air-passages, like the skin, may be called upon to assist in relieving the system of an overplus of poisons. The constant discharge of phlegm and mucus which takes place during a laryngitis or a bronchitis is an endeavour on the part of the air-passages to get rid of poisons with which the bowels and kidneys have been unable to deal. It must be remembered that expired air contains not only carbonic acid gas, but also other poisonous gases in addition to watery vapour. Such a mechanism is eminently fitted for aiding in the discharge of gaseous and fluid poisons, and when pressed Nature employs it freely. The old

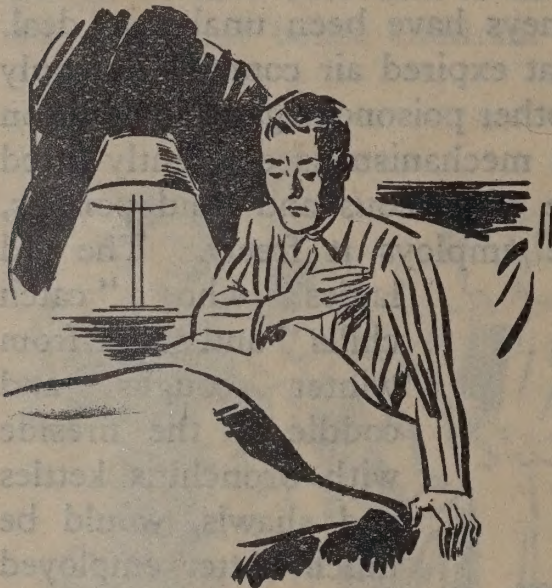


"Old ladies who 'catch chills' and suffer from winter coughs and coddle at the fireside with bronchitis kettles and shawls, would be much better employed in moderating their food."

ladies who "catch chills" and suffer from winter coughs and coddle at the fireside with bronchitis kettles and shawls, would be much better employed in moderating their food and taking a course of Eades Brand Pills. The theory of chills, and its outcome in overeating to keep up the strength, and over-clothing to keep out the cold, has been, and still is, responsible for a great deal of alto-

gether preventible ill-health. A recognition of the fact that a very large number of the cases of bronchitis and other chest complaints, and laryngitis, are due to what is known as irregular gout, would lead to their being

treated on scientific, and, incidentally, the only really efficacious lines by anti-gouty remedies. Of these, Eades Brand Pills is the simplest and most reliable. The cough of chronic bronchitis is fairly characteristic. It is moist, and causes an easy flow of phlegm. Only occasionally does it become violent, and then as the result of some obvious irritant, such as smoke or fog. A cough which presents distinctive features is that which is caused by chronic irritation in the larynx or trachea. It may be the aftermath of an acute attack, and is common in moist relaxing climates, but the most common cause is tobacco-smoking and inhaling. This is the "smokers' cough," a very



"... 'smokers' cough,' the very annoying spasmodic bark, often especially troublesome in the early morning."

annoying spasmodic bark, which is often especially troublesome in the early morning, and ends up with a sort of retching. It is fairly characteristic, and should not be attributed to cold or chill. The only cure is to stop smoking. Bracing climates are very useful—Margate or high altitudes. External applications to the larynx (Adam's Apple) give great relief on the principle of counter

irritation. Eades Brand Anodyne is excellent for this purpose. Another characteristic cough, and one which holds a particular interest in the present connection, is the cough caused by digestive and intestinal disturbance. The stomach cough, or "liver bark" is well-known to doctors. It is very loud and frequent, and does not result in any discharge to speak of. The underlying cause is to be found in association with the liver; usually the patient is constipated, or, as in the case of the school-boy, the cause may be a simple surfeit of good things. A few doses of Eades Brand Pills will do all that is needful.

LOOK AT YOUR SKIN !

The Skin is a very articulate organ, and it would be a good thing if more people, even among doctors, would hearken more attentively to the message which it conveys. From the simple muddy or pallid complexion of the constipated but otherwise healthy, to the unsightly eruptions seen on the faces of the thoroughly toxic, there are various grades. The particular poison at work often dictates the exact nature of the eruption. Thus tubercle will produce one set of eruptions and drugs another set, and so on, but perhaps the most consistent contributors are the gouty and rheumatic poisons. Some of these will produce the pallor of the green sickness; others the apoplectic aspect of plethora. Some will produce an eczema—by far the most common—others a psoriasis, a third set will cause under nourishment and render the skin more vulnerable to parasites, both animal and vegetable. All these are fairly well recognised, though there is much room for insistence. Eczema, for example, is too often lightly regarded from the constitutional standpoint, and is treated superficially with a soothing ointment. In addition, therefore, to soothing ointments an eczema demands careful dietetic and hygienic regime, and the causative poisons should be neutralised and dispersed by a course of internal cleansers such as Eades Brand Pills.



"Boils are generally considered to be due to poverty of blood, but usually they come from poisons in the system."

BOILS AND CHILBLAINS

Two other very troublesome cutaneous maladies deserve mention in this connection. One is BOILS, the other CHILBLAINS. Neither of these tiresome afflictions are usually considered to have any relation to gout or rheumatism, yet the association in both cases is quite de-

finitely established. Boils are generally considered to be due to poverty of blood. This may be true in some cases, but in the great majority it is not poverty of the blood, but plethora of poisons. Boils and carbuncles are very painful disorders which are difficult to treat locally; indeed, latterly the advice given by the experts is to let boils alone, that is, neither lance them nor foment them, and confine the treatment to constitutional measures. These consist, as in other gouty and rheumatic affections, of strict rationing of food and drink, and the taking of suitable remedies to rid the blood of the poisons. A course of Eades Brand Pills is definitely useful in such cases. They neutralise the poisons and purify the blood. Ordinary tonics, such as Iron and Strychnine, should not be taken. Chilblains are traceable to a deficiency of Calcium in the blood, a state of matters not uncommon in the growing period. Chilblains are certainly much more common in children and adolescents than in adults, and although they may seem trivial, they merit consideration on account of the pain, heat, swelling and itching which they provoke. Local treatment is useful, and Eades Brand Anodyne will be found efficacious. Chilblains in adults, especially in those about middle age, can almost invariably be debited to the action of the gouty poison. Indeed, a chilblain may be the fore-runner of an acute big toe attack. Treatment by Eades Brand Pills and Eades Brand Anodyne, will be found to bring almost certain conquest of the trouble.



EADES BRAND PILLS

Eades Brand Pills are not a secret remedy. There is no secrecy, either, about the nature of their ingredients or the manner of their manufacture. Accredited persons may visit Goswell Road, where everything will be shown and explained. It is true, of course, that the pills are difficult to imitate because the finer details of their manufacture, having been gradually evolved during nearly a hundred years, have reached such a degree of speciality that any imitation would be very different from the real article. Eades Brand Pills contain definite weighed quantities of Colchicum, Guaiacum and Aloes as active principles. Of these, the first two, Colchicum and Guaiacum, were known to our great grandfathers as reliable anti-gouty and rheumatic remedies, but they were used by them according to the crude fashion of those days of free blood-letting and drastic purging in such enormous doses, that both were discarded and neglected for three or four generations. Aloes has long been known as a reliable laxative, and in the form it is used, is one of the most valuable drugs in the treatment of constipation.

GUAIAECUM

The exceptionally curative value of this resin, obtained from a tree that is indigenous to the West Indian Islands, must have been known in early times; otherwise it would not have been given the name of *Lignum Vitæ*, the wood of life. The claims in favour of its curative powers have not been very extensive; it was never a cure-all, but its capacity for good effects in three specific directions has long been recognised and can now be said to be firmly established. It certainly has had periods of favour with the enlightened members of the medical profession, but for at least 75 years, it has not enjoyed its due; it has most unjustly been elbowed out by new synthetic remedies served as elegant preparations. The three directions in which our forebears were wont to prize Guaiacum were (a) as a gentle heart tonic: smooth and persuasive: not boisterous, like digitalis and others; (b) as a laxative: not

a drastic purgative, but a quiet painless instigator to regular action. In this direction it is far more valuable than the many intestinal spurs and goads to which an ever-increasingly constipated generation has accustomed itself; (c) in the days when the problems of chronic rheumatism were less settled than they are to-day, the remedies applied were necessarily rather experimental, and the reputations of drugs were based purely on their success or otherwise in giving relief. In those far-off days Guaiacum was rightly regarded as the remedy *par excellence* for chronic rheumatic troubles of all sorts, but especially for such as were accompanied by pains and stiffness. Several old doctors immediately before the war were heard to deplore the falling out of fashion of Guaiacum, and to prophesy firmly that it was surely destined to come into its own again. The greatest authority of his day upon all gouty and rheumatic questions, the late Sir Alfred Garrod, said with much emphasis on several occasions, that he knew of nothing better calculated to ward off attacks of gout and rheumatism, than Guaiacum taken regularly. And he was not in favour of drugging.

COLCHICUM

is the official name given to the Meadow Saffron, and the preparation which is used in medicine is made from

June 11th, 1936.

RELIEF AFTER 40 YEARS OF SUFFERING

I feel that I must let you know that your Pills have done more for me than anything I have had for Rheumatics, and I have spent pounds on different so-called cures and treatments. But your Pills have done my general health so much good and also my pains that I feel a new man. I wished I had known about them when I was younger. I am 65 now, and I have suffered more or less for 40 years.

Mr. H. Hodgkinson,

Hanwell,

Banbury, Oxon.

the corms or seeds. It has had rather a chequered career as a remedy, but it is admitted on all hands that it is a specific for true gout and rheumatism, driving away the pains and abating the swellings and nervous symptoms in a very short time. In small doses regularly repeated all the text books declare that it stimulates the excretory organs, the intestines, the liver (especially), the kidneys, and the skin. Colchicum is one of the few drugs which seem capable of establishing a tolerance for themselves. When first given, even in minute doses, it may cause some griping and diarrhœa, but ere long, this dies down and the symptoms do not recur even when very much larger doses are given. Its beneficial effects are, however, in no way interfered with. Colchicum is a true specific remedy, one of the very few in the Pharmacopœia. No one knows how it acts. Inasmuch as a very large number of the well-to-do in this country suffer from gout and rheumatism in some form, frank or retrocedent, attacking joints, nerves, muscles or what not, it is an enterprise of fairly certain success to give Colchicum in small doses over considerable periods to the middle-aged who suffer from the kind of indefinite ill-health common to town dwellers. If Colchicum seems in the first instance to disagree in the sense of being over-active, it is in reality a good sign. It indicates an accumulation in the system which cries out for removal.

ALOES

There are several kinds of Aloes, namely Cape Aloes, Socrotine Aloes, Zanzibar Aloes and Curacoa and Barbados Aloes. There is not, truth to tell, very much difference between these various kinds, but for some curious reason the last named, which comes from the Island of Curacoa, has come to be regarded as the aristocrat of the party, with the merits of the group emphasised and drawbacks minimised. Since the isolation of the so-called active principle, Aloin, no form of the crude drug is very much employed in commercial pharmacy, and it is certain that some of the qualities of the unrefined drug are lost to the consumer. Curacoa Aloes in its crude form is a very

reliable gentle stomachic and laxative. It has a special action upon the large intestine, and when taken regularly, it overcomes the tendency to inertia which is so troublesome to the aged and feeble. It has the very great advantage over most laxative drugs of not requiring a continual increase of dose. Some forms of Aloes have a griping effect upon some people. This griping is seldom extreme in degree—indeed, some people actually seem to enjoy it. Aloes in all its forms, given as a single dose, takes much longer to act than most drugs. Taken regularly, it soon adapts itself to the habits of the patient.

NEARLY 100 YEARS OF RESEARCH

The association of these vegetable extracts as they now appear in Eades Brand Pills is, as already stated, the result of careful experiment and research extending over close upon a hundred years. It is probable in this case, as in so many others, that some of the virtue of the pill as a whole resides in some catalytic action and re-action between the ingredients, because it is found that these ingredients taken separately and individually in the same doses as they appear in the pills are much less efficacious in the right directions and much more active in the wrong than when taken as combined in the pill. Examples of the special activity of what may be called the occult effect of certain combinations which differ from what, on theoretical grounds was to be expected, is furnished in an outstanding manner by certain natural mineral waters. Some of them, those of Karlsbad for example, contain salts and other ingredients which are easily analysable and readily reconstructed in the laboratory, but the artificial product cannot in any way compare with the natural product in activity of efficacy. Eades Brand Pills, then, may be accepted as a long-established association of simple vegetable ingredients combined in such a manner as to produce the best possible results.

A NATURAL ANTISEPTIC

Inasmuch as one of the most outstanding actions of these pills is to stimulate the flow of the bile and improve

its quality, thus pouring a real natural antiseptic into the intestinal canal, it might be said that Eades Brand Pills were "liver" pills. Literally speaking, that is true, but unfortunately the term "liver pill" is so intimately associated in men's minds with dangerous and deleterious mineral drugs, such as Mercury, Phosphorus and Lead, that it seems necessary to emphasise the fact that the liver is gently soothed and stimulated by purely vegetable means, without any recourse to undesirable minerals.

19th September, 1936.

IN PRAISE OF EADES BRAND ANODYNE

Your favour of the 17th duly came to hand, for which I thank you warmly, as also for the sample of Anodyne which I promptly used, and consider it marvellous.

I shall never be without it, as its continuous warmth gives great relief, and its effect is all you claim for it.

I am continuing with the Pills according to your instructions. I am,

Mr. E. Fisher,
123, Lordswor Road,
Harborne,
Birmingham.

EADES BRAND RHEUMATIC AND GOUT PILLS

This famous remedy with a reputation extending over 90 years is sold by qualified chemists everywhere in 1/3 and 3/- bottles (1/6 and 3/3 per bottle in Irish Free State). But be sure you ask for it by name and thus make sure of getting the genuine Eades Brand Pills.

EADES BRAND ANODYNE

This wonderful ointment which should be applied to the skin without rubbing will cure muscular pains, neuritis, and is a valuable aid to Eades Brand Pills in treating rheumatic and kindred ailments. Prices 1/3 tubes and tins, and 3/- tins (1/6 and 3/3 in Irish Free State).

If you have any difficulty in obtaining supplies of these preparations, send your order together with P.O. direct to George Eade, Ltd.

They are sold throughout the world, but **only by qualified chemists**, and following is a list of some of our overseas agents:

AUSTRALIA.—FELTON, GRIMWADE & DUERDINS LTD., Melbourne and branches.

NEW ZEALAND.—KEMPTHORNE, PROSSER & Co.'s NEW ZEALAND DRUG CO. LTD., P.O. Box 319, Dunedin.

U.S.A.—E. FOUGERA & Co. Inc., 75, Varick Street, New York.

INDIA.—V. M. JANI, Peer Bhai Buildings, Princess Street, Bombay.

ARGENTINE.—DROGUERIA DE LA ESTRELLA LTDA., Rivadavia 1523, Buenos Aires.

Both these products are prepared and distributed by

GEORGE EADE, LTD.

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